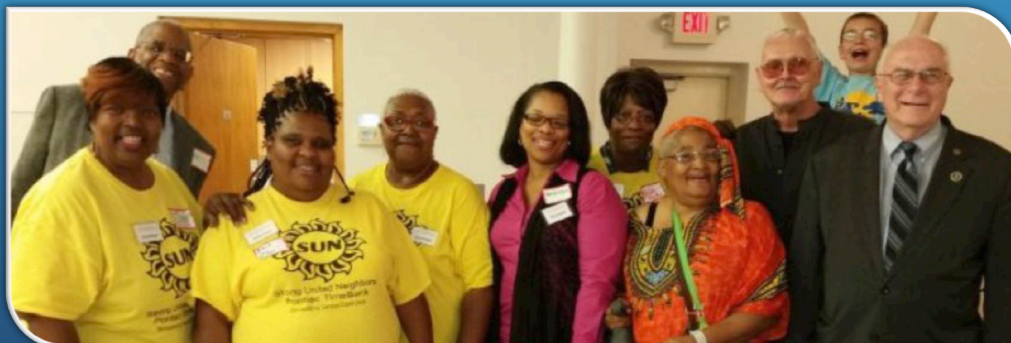




# MI ALLIANCE OF TIMEBANKS

Building community, one hour at a time.

## 2015 Year In Review



The Michigan Alliance of TimeBanks (MATB) is an umbrella organization linking and supporting TimeBanks across the state. We help individuals, organizations, and communities establish and run TimeBanks.



### Michigan TimeBanks

Ann Arbor

Ferndale

Grand Rapids

Lapeer

Lathrup Village

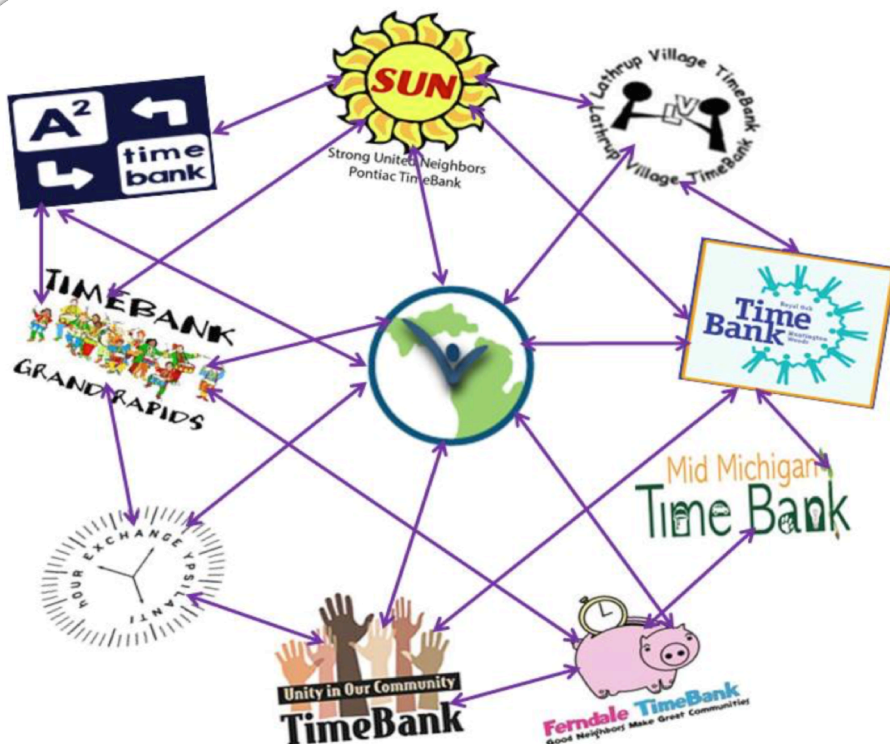
Mid-Michigan

Pontiac SUN TimeBank hosted  
by Common Ground

Royal-Oak Huntington Woods

Unity in Our Community in  
Southwest Detroit hosted by  
Bridging Communities, Inc.

Ypsilanti



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# *Our Mission & Letter from the Director*

Dear Friend,

As the MI Alliance of TimeBanks, we envision people creating sustainable communities that are attractive, vibrant, healthy places to live because of the strength of neighbors and their ability to fulfill unmet needs with untapped community resources, ultimately adding both intrinsic and monetary value to the communities where they exist.

A sharing economy system, TimeBank members give and receive services in exchange for TimeBank hours, a kind of local currency. All services are equal, so every hour spent on a task is worth one TimeBank hour, and members can redeem one TimeBank hour for one hour of service.

Highlights from 2015:

- Granted \$75,000 from United Way of South Eastern Michigan with Common Ground as a fiscal sponsor for the Pontiac SUN TimeBank.
- Granted \$25,000 from Self Development of People Committee for the Unity in Our Community TimeBank
- Fundraised over \$8,500 at our biannual "Bid to Build Our Communities" auction.
- Established Little Free Library program.
- Accepted the People's Choice Community Development Award at Unity in Our Community TimeBank from Local Initiative Support Coalition.
- Celebrated 3<sup>rd</sup> annual Lathrup Summer Stroll, a music, arts and interesting things neighborhood share

In 2016 we are focused on member engagement, health and wellness, and collaboration with our partners. We appreciate your support and look forward to building new partnerships and strengthening old relationships. We hope you will support us in this exciting adventure!

## *Board of Directors*

*Carrie Harnish - Secretary*  
*Nancy Chinn - Vice-Chair*  
*Rachel Reyst-Carroll - Treasurer*  
*Jennie Weakley - Vice Chair*  
*Jeannie Dennison-Budak, Chair*  
*Nancy Chinn*

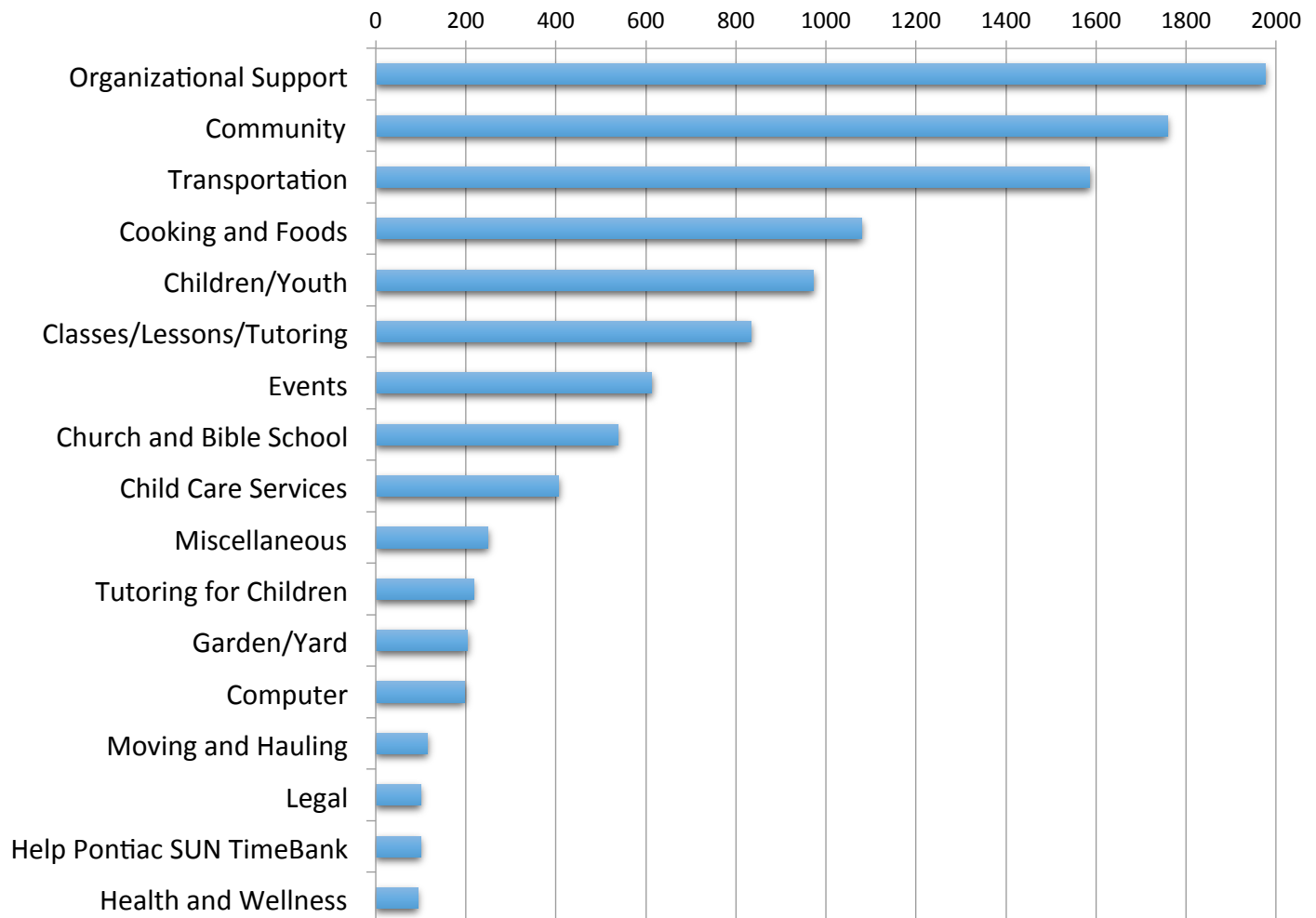


Kim Hodge, Executive  
Director  
MI Alliance of  
TimeBanks  
[www.mitimebanks.org](http://www.mitimebanks.org)  
27580 California Dr. SE  
Lathrup Village, MI  
48076

**TimeBanks exist to promote exchanges that honor five core values:**

**Assets - Redefining Work – Reciprocity - Social Networks - Respect**

## 2015 Top Hours Exchanged By Category



\*As reflected in H0urWorld database and specific to Pontiac SUN TimeBank only. Defined “Top Hours” as those whose categories contained more than 90 hours of exchanges.



### *Member Testimonial*

“I let **Diane** (SUN’s Broker Coordinator) know that I have back problems and because of the pain, it’s hard for me to do a lot of needed housework. Diane made the connection for me and she did a great job. I learned that she lives very close to where I live so now I have a new neighbor that I would not have known had it not been for the **Pontiac SUN Timebank**.” -Lela Flowers. (Pictured: Shani Foster)



Members show off their new reusable bag after a Gleaners Cooking Matters Class (left).

Catch us celebrating human-powered transportation at Ferndale's Annual Green Cruise (below).



Who doesn't like a good massage? **Tabitha Cieslak** (above) provides mini-massages while sharing health and wellness tips.

### *Shot of Wheatgrass Anyone?*

**SUN** members are introduced to the nutritional value and healing properties of wheatgrass.

Afterward, members raise their glasses to solidify their commitments to promoting and sustaining a healthier lifestyle.





# Health & Wellness

Gleaners teaches about healthy food choices (right). These delicious and colorful wraps were a favorite of our members.



Saving money and eating are two of our favorite things to do! During a canning class, members learn convenient and cost-effective ways to serve fresh food year round (above).



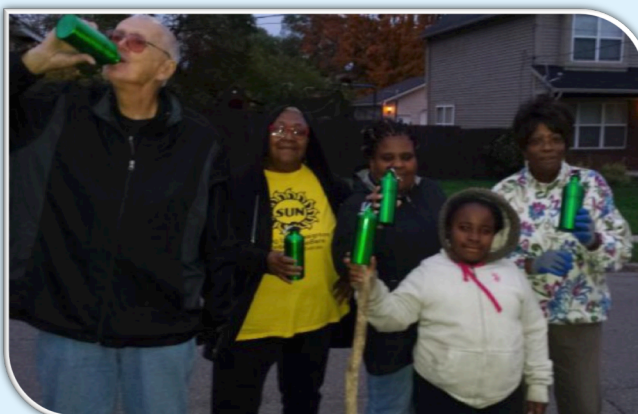
The  
key to  
**WELLNESS**  
is to accept  
personal  
responsibility  
for your health  
& wellbeing.



Too busy to cook healthy meals? No problem! These members learned how to make easy, appealing and healthy recipes in a crockpot (above).

## Walk & Talk

"I have lost nearly 45 pounds!" exclaims **Johnnette Washington** (front row, middle). She credits a big part of her incredible transformation to participating in our weekly walk and talks. "I feel like my quality of life has improved so much. I wake up every morning with energy, passion and purpose. I have never felt so healthy, active and engaged."



Bottoms up! Members rehydrate with their new water bottles donated by Genysis Credit Union after a satisfying Walk & Talk.



**Lathrup Village** members (below) use the power of reciprocity to spread mulch.



Students from OCC Highland Lakes helped **Donald** clean up his yard (above).

Members of **Unity in Our Community** give an enthusiastic “thumbs up” to signal another successful garden clean up collaboration (right).



Youth gravitate to local law enforcement during the **Mattie** Park Dedication Ceremony (left).



**Joe** celebrates his 50/50 raffle win with a celebratory hug from **Nancy**.

## *Second Annual Bid To Build Our Community Auction*

Members and community stakeholders came in droves to support this wonderful fundraising event.

Each participating local TimeBank raised over \$850 dollars.

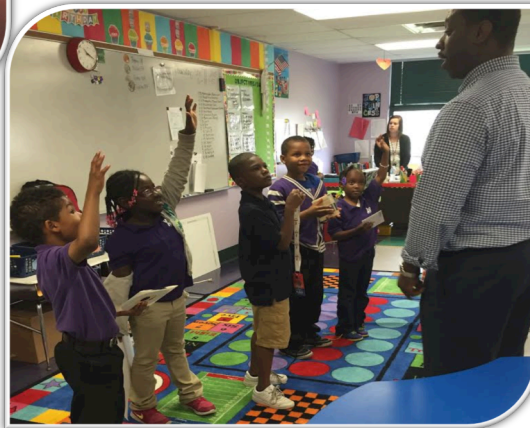
# Community Needs

# Youth Engagement



Members from **Royal Oak/Huntington Woods** pose with scarves they made for the American Indian Health Clinic (left).

Cheery faces of students participating in Webber Media Art Academy's Career Day (right).



**SUN** members of all ages (left) show off their dance moves during an "Oldies but Goodies" party at Lighthouse of Oakland County.

## *Summer Stroll*

Musicians and artists performed while people from all over gathered to enjoy a culturally-rich display of dance and music. **Lathrup Village TimeBank** hosted many talented acts at the 3<sup>rd</sup> Annual Lathrup Summer Stroll.







SUN members enjoy the scenery while heading to the Detroit Institute of Arts (left).



The benefits of both giving and receiving are quite evident in Jo's jewelry making class (above).



Retired educator **Maria** exchanged her skills as an MC and tutor for help with her flowerbeds. As usual, members showed up well equipped, organized and ready to work (left).

## *Christmas In July*

The Oakland Woods choir performs a rousing rendition of "Here Comes Santa Claus" at a Christmas in July party. As a complement to the monthly Senior Luncheons held at Lighthouse of Oakland County, **SUN TimeBank**, Oakland Woods (Senior Living) and Lighthouse joined forces to make this a truly special event.



# Partnerships

Project collaborators **Pontiac SUN TimeBank** and Community Housing Network install a “Little Free Library” (right).



21<sup>st</sup> Century Digital Learning Environment and Pontiac School officials discuss how to introduce TimeBanking and Design Thinking into their curricula (left).



Ready, set, roll! Members gather in anticipation of **Lathrup Village's** 1<sup>st</sup> Annual Spring Roll (right).



American Cycle and Fitness exchanged bikes for TimeBank hours with **Pontiac SUN TimeBank** members (left).





## Become the Solution!

**Additional funding will permit Michigan Alliance of TimeBanks to move quickly to build a strong network, bringing immediate benefits to residents of Michigan.**

**Donations are needed to assist with outreach, supplies, training programs, website design, staffing, etc.**

**Please make your tax deductible donation by visiting [mitimebanks.org/donate](http://mitimebanks.org/donate) or send a check by mail to:**

**MI Alliance of TimeBanks  
27580 California Dr. SE  
Lathrup Village, MI 48076**

## THANK YOU to our donors

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Detroit Princess Riverboat  
Detroit Red Wings  
Detroit Symphony Orchestra  
Detroit Tigers  
Detroit Zoo  
Diamond Jack  
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Lazer Warp-Madison Heights  
Leon and Lulu  
Lighthouse of Oakland County  
Lover's Lane  
Marie Hartzell-Hoerauf  
Market Fresh  
Marilyn Hotaling  
Murphy House Bed & Breakfast  
Nancy Chinn  
Nancy Hatcher  
Original Pancake House  
Otterbox  
Outback Steakhouse  
Paul Miller  
Peach Lutheran Church  
Planet Rock  
Pewabic Pottery  
Premier Pet Supply  
Royal Oak Golf Center  
Pewabic Pottery  
Premier Pet Supply  
Royal Oak Golf Center

Rachel Reyst-Carroll  
Ray's Ice Cream  
Rosalind Vaughn  
Rosie O'Grady's  
Sarah Young  
Seros  
Sherry Wells  
Shields Pizza  
Sneakers Pub  
Soho Restaurant  
Stagecrafters  
Sugar Beach Resort Hotel  
Susan Diliberti  
Sweet Lorraines  
Terri Anthony-Ryan  
The Art Experience  
The Avenue Restaurant  
The Whitney  
Tiffany Devasher  
Tom Brodzik  
Tom's Oyster Bar  
Trader Joes  
Treetops Resort  
Utopia Salon  
Vic Lupu  
Vintage Village Fine Wine  
Wilson Violin  
Whole Foods Market  
Woodward Ave Brewers  
Zehnder's Splash Village  
Zulu Nyala Safari

This document was created by Wayne State University's MSW Candidate, Sara Daniels